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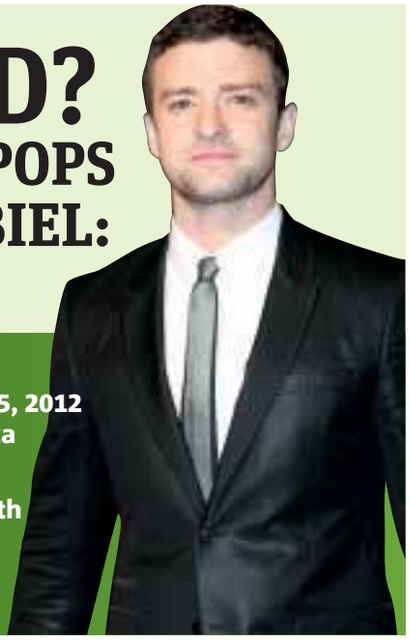


LONDON metro®
Thursday, January 5, 2012
www.metronews.ca
News worth sharing.

‘Still tough without him’

- London UFC lightweight Sam Stout enters octagon for the first time without coach Shawn Tompkins
- Tompkins, also Stout’s brother-in-law, died suddenly of a heart attack at age 37

JIM REYNO
@METRONEWS.CA

It’s not the 15,000 voices of rabid Brazilian fans cheering for his Brazilian opponent that Sam Stout is concerned about. It’s the one voice he won’t hear.

“Every single time I’ve been in there, he’s been walking out behind me,” Stout said about trainer Shawn Tompkins, who died after a heart attack in August. “He’s been in my corner and I’ve been able to hear his voice when I get in trouble.

“This will be my first fight ever without him — and that’s not just the UFC. I’ve never fought any fight, dating back to my first amateur kick-boxing fight, I’ve never fought without him in my corner.”

Stout withdrew from a bout in October as he was still dealing with Tompkin’s shocking death. He’s still dealing with it, but he’s ready to resume his career.

“Every day is still tough without him,” said Stout, 27. “Come fight day, it’s probably going to be the toughest day I’ve had to experience since his passing.”

But he’ll still have a friend’s support in his corner. Mark Hominick, the other Team Tompkins fighter in the UFC, will fill Tompkins’ role as Stout enters the octagon at HSBC Arena in Rio de Janeiro on Jan. 14.

“I’ve been thinking about it so much. I’ve been visualizing what it’s going to be like to have Mark standing beside me instead of Shawn,” said Stout.

“I’m just trying to get my feet underneath me again. Now what’s more important for me is getting comfortable with my new team of cornermen and getting comfortable fighting without Shawn.”
SAM STOUT

“There’s really not that much you can do, but that’s been one thing — mentally picturing what it’s going to be like to do it without him, so that when it comes it’s not a total shock.”

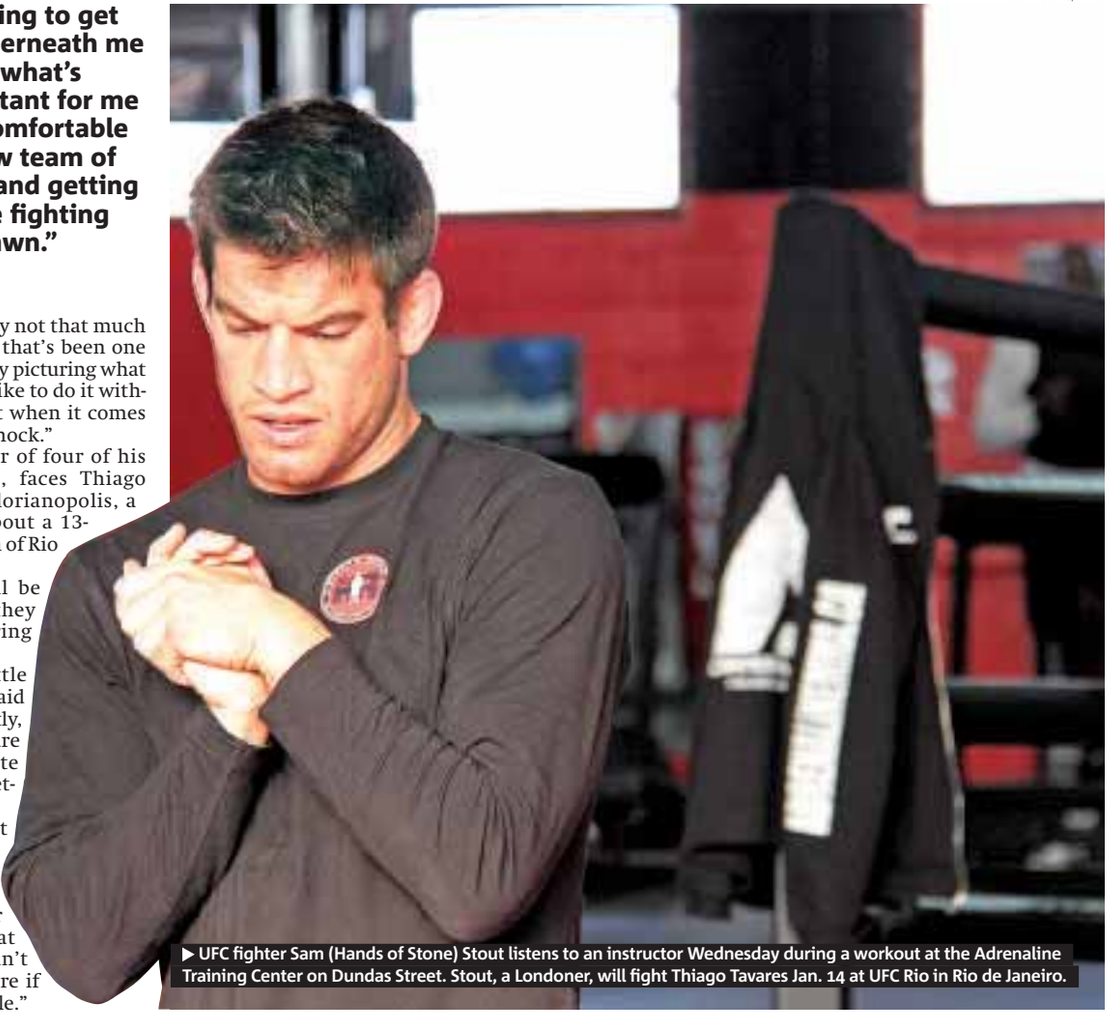
Stout, winner of four of his last five bouts, faces Thiago Tavares from Florianopolis, a city located about a 13-hour drive south of Rio de Janeiro.

The fans will be heard, and they won’t be cheering for Stout.

“It’s a little intimidating,” said Stout. “Apparently, the fans there are pretty passionate and they get pretty worked up.

“But I’m not that worried about it,” he added. “They can cheer for him and boo at me, but they can’t help him in there if he gets in trouble.”

ANGELA MULLINS/METRO



▶ UFC fighter Sam (Hands of Stone) Stout listens to an instructor Wednesday during a workout at the Adrenaline Training Center on Dundas Street. Stout, a Londoner, will fight Thiago Tavares Jan. 14 at UFC Rio in Rio de Janeiro.

SHOPPERS DRUG MART

1 news

Old photos meet new tech on smartphone apps that allow you to explore your city's past. Scan the code for the story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

A notorious British crank caller serenades a TV host with a charming ode to cricket. Watch at metronews.ca/video

Follow us on Twitter @themetrolondon

Policy leaves cheerleaders sidelined

A controversial decision that prevents public-school students from certain sports, including cheerleading, is facing opposition from a growing number of students and parents.

More than 460 people have signed a petition called Keep Cheer Alive after the Thames Valley District School Board decided students could no longer participate in sporting events where they have to sign a waiver. The school board made the decision after they found out that Cheer Evolution, which organizes the national title competition, now requires parents to sign a waiver before students can compete.

AM980/AM980.CA

AM980/AM980.CA

Dray O'Hara-Salmon

Suspect appears in court

A 19-year-old suspect charged in connection with the shooting death of a London man has been remanded into custody. Dray O'Hara-Salmon made a brief court appearance on Wednesday. Said Hadbai, 20, was found with a gunshot wound off Richmond Row right near Victoria Park on Dec. 27.

AM980/AM980.CA

Art. Camp

Claire Kost, 9, of London watches as instructor Julie Picken-Cooper makes a print of her abstract painting Wednesday at an art camp at Museum London. During the camp, called Zine Machine, kids are learning about and creating art in a variety of mediums. The creations will be stitched together to create magazines.

ANGELA MULLINS/METRO

Next generation of artists at Zine Machine

Cops nab robbery suspect

- London man facing multiple charges in recent incidents
- Latest robbery was Tuesday at Hamilton Road BMO branch

ANGELA MULLINS
@METRONEWS.CA

London police have arrested a man believed to be a barbecue-fork wielding, cab-hopping bandit.

Jermaine Oates, 26, of London was taken into custody Tuesday after a witness saw him take a cab from the scene of a 10:25 a.m. robbery at Bank of Montreal, 555 Hamilton Road.

Const. Dennis Rivest said the taxi was stopped a short distance from the bank. Inside, officers found Oates and stolen cash.

Investigators have found evidence that led to charges in a Sunday robbery at Goody's Variety Store, 10 Hawthorne Road During that incident, police said the suspect threatened a clerk with a barbecue fork, demanded money and escaped with LTC bus tickets.

Rivest declined to be more specific about the evidence officers discovered after Oates' arrest.

"It was just good investigative work," he said. "One step led to another … and we were able to link him back to the (variety store) robbery."

Oates was not carrying a weapon when he was arrested and none is believed to have been used at the bank, Rivest said.

The BMO robbery marks the second at the branch in recent months. On Nov. 14, three men with their faces covered robbed the bank.

Information about the status of that investigation was not available Wednesday afternoon.

Other recent bank robberies include one Dec. 30 at Scotiabank, 635 Southdale Road E., and another Dec. 29 at TD Canada Trust, 220 Dundas Street.

Police have no reason to believe Oates was involved in any of those incidents, Rivest said.

The charges

Jermaine Oates, 26, of London is charged with:

- Two counts of robbery
- Two counts of wearing a disguise
- One count of attempted robbery

Knights crush Greyhounds 6-1

Ryan Rupert scored two goals as his London Knights crushed the host Sault Ste. Marie Greyhounds 6-1 on Wednesday in Ontario Hockey League action.

Seth Griffith had a goal and three assists for the Knights (28-8-1) while Chris Tierney, Dane Fox and Andreas Athanasiou scored a goal apiece. Vladislav Namestnikov chipped in by setting up four goals.

32 Michael Houser made 32 saves for his league-leading 27th victory as Matt Murray allowed three goals on eight shots before being pulled in the second period for Charlie Millen.

Corey Durocher scored the lone goal for the Greyhounds (18-18-4), who have now dropped three straight games.

THE CANADIAN PRESS

News in brief

Sally Ann surpasses goal

The Salvation Army says thank you to Londoners who helped the charitable organization reach its Christmas-campaign goal. In the final days of the Christmas kettle campaign, the Salvation Army surpassed its $425,000 goal. METRO

Cinderella cast to meet fans

Cast members of the Grand Theatre's production Cinderella will meet fans following Thursday's matinee performance. Performers will be available to sign autographs and take photos in the theatre's Poster Lounge at 3 p.m. Tickets are still available for Thursday's 1 p.m. and 6:30 p.m. performances.

METRO

Child-porn bishop freed from jail

Lahey out on probation after serving eight months in prison ◐ Gets two-for-one credit for time served

STEVE COLLINS
OTTAWA@METRONEWS.CA
METRO CANADA IN OTTAWA

SEAN KILPATRICK/THE CANADIAN PRESS

▶ In this 2011 file photo, Raymond Lahey arrives at the Ottawa courthouse.

A Catholic bishop caught at the Ottawa airport with hundreds of child-porn images on his laptop was released Wednesday after receiving a sentence of 15 months — only eight of which he actually served behind bars.

Raymond Lahey, 71, formerly bishop of Antigonish, N.S., pleaded guilty eight months ago to possession of child pornography for the purposes of importation and asked to begin serving his sentence immediately.

Wednesday, Justice Kent Kirkland sentenced him to 15 months, but because he got two-for-one credit for "pre-sentencing' time served, Lahey was freed. He will be on probation for two years and registered as a sex offender for 20 years.

His lawyer, Michael Edelson, had recommended the minimum one-year sentence, but said Kirkland imposed "exactly the right sentence." The jail time, Edelson added, is just the beginning.

"The sentencing in virtually every one of these cases essentially marks a person for life … and as a result, you become a social pariah," he said.

Prosecutors had asked for 18 to 22 months, but were also satisfied with the sentence.

"It'll serve to announce to others that harsh sentences are in place for those who commit such crimes, sentences which are also meted out to ensure the protection of our children," said Crown prosecutor David Elhadad.

Online porn helps cut abuse: Expert

The key witness in Raymond Lahey's sentencing is working on research he believes will show that sexual deviants who consume child pornography are less likely to abuse children now that child porn has gone online.

Dr. John Bradford, head of the division of forensic psychiatry of the University of Ottawa, has testified as an expert in numerous criminal trials and was a defence witness at Lahey's sentencing hearing in December.

His conclusion that Lahey was not a risk to children and, in fact, not a pedophile, despite possessing images and videos of children and teens, was a key part of the defence argument for a lesser sentence.

There are common misconceptions about child pornography, Bradford said in an interview with Metro shortly after the sentencing hearing.

Bradford is unequivocal that child pornography is extremely harmful to the children abused in it, but says the assumption that people who look at child porn usually also molest children isn't true.

JESSICA SMITH IN OTTAWA

L.A. arson suspect put on suicide watch

The German man charged with allegedly setting a string of fires across Los Angeles on New Year's weekend has been put on suicide watch, a law enforcement official said Wednesday.

Harry Burkhart, 24, has been in custody since Monday, when he was arrested in Hollywood.

Burkhart's mother Dorothee Burkhart said in court Tuesday that her son is mentally ill.

He has refused to co-operate with investigators since his arrest on suspicion of starting dozens of car fires in and around the city that caused an estimated $3 million US in damage.

Authorities said they believe he was angry over his mother's legal troubles and went on an arson rampage a day after she made an initial court appearance last week.

Burkhart is also under investigation in his home country of Germany for a house fire north of Frankfurt days before he travelled to the U.S. in October.

The fire at the house, which belonged to the Burkhart family, has been ruled an arson, Marburg prosecutors' spokeswoman Annemarie Wied said.

Burkhart did not live in the area, but his name surfaced as a suspect after he filed an insurance claim shortly after the fire, Wied said. THE ASSOCIATED PRESS

ONSCENE.TV/THE ASSOCIATED PRESS

▶ In this still photo taken from video released on Jan. 2 by OnScene.tv, arson suspect Harry Burkhart is arrested in the Hollywood section of Los Angeles.

Mother in trouble

- Harry Burkhart's mother, Dorothee Burkhart, is charged in Germany with 19 counts of fraud, including failing to pay for a 2004 breast augmentation surgery and pilfering security deposits from renters.
- A Frankfurt court spokesman said Dorothee Burkhart will go on trial for the fraud charges once she is extradited.

Canadian's killing to be fully probed: Cops

Mexican police have promised a thorough investigation into the shooting death of a B.C. man during an apparent home invasion.

Police say Robin Wood, 67, of Salt Spring Island, B.C., was killed Tuesday when he stood up to two suspects who tried to rob a friend's home in Melaque. THE CANADIAN PRESS

MacKay weds girlfriend in Mexico

One of Ottawa's most eligible bachelors is now officially off the market.

Defence Minister Peter MacKay quietly married his girlfriend Nazanin Afshin-Jam at a private ceremony in Mexico on Wednesday.

He released a statement on his constituency website announcing the nuptials, which took place in front of family and friends.

"Since coming into my life, many of you have met Nazanin on her many visits to Nova Scotia. She is the most important person in my life and over the coming months, Nazanin and I look forward to spending more time at home in Central Nova and sharing our happiness with all of you," said MacKay. THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

▶ Peter MacKay and Nazanin Afshin-Jam

Germany, Portugal borrow to ease crisis

- Italy and Netherlands also managed to sell debt
- Italy has $69 billion in expiring debt to auction off

Europe won some further modest respite from its debt crisis Wednesday as Germany and Portugal became the latest countries to borrow with relative ease ahead of a hazard-filled few weeks for the eurozone.

Both countries saw their borrowing costs dip at auctions, in a further sign that investors may have temporarily put some of their concerns to one side at the start of the new year in the wake of fairly buoyant U.S. economic data.

Germany, the biggest contributor in Europe's bailouts, managed to sell $5.3 billion US in its benchmark 10-year bonds Wednesday at an average yield of 1.93 per cent, down on the previous 1.98 per cent it had to pay. But demand barely covered the bonds on offer. Portugal, bailed out last April after being locked out of international markets, paid a lower interest rate to borrow $1.3 billion in three-month treasury bills.

Eurozone governments are struggling to convince financial markets that indebted governments will not default and should be able to borrow at affordable rates to repay debts. Greece, Ireland and Portugal have needed bailouts, while much larger Italy and Spain have also seen their borrowing costs rise.

Further trouble could come from a slowing eurozone economy. Many economists predict an outright recession, which would be two quarters of negative growth.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. WEDNESDAY

TSX	Dollar
+ 18.04 (12,226.47)	- 0.13¢ (98.78¢ US)
OIL	**Natural gas**
+ 0.26¢ US ($103.22 US)	$3.10 (+ 10¢)
	Gold
	$1,612.70 (+ $12.20)

Next. In Line

▶ In this photo from November, Scott Thompson, then president of PayPal, speaks at the Web 2.0 Summit in San Francisco.

PAUL SAKUMA/FILE PHOTO/THE ASSOCIATED PRESS

Yahoo picks its new CEO

Yahoo Inc. has named Scott Thompson as its new CEO. The company has been without a permanent CEO since September. It fired Carol Bartz after losing patience with her attempts to turn around the company during her two-and-a-half-year tenure.

Prepare to work longer for less payoff

The deteriorating health of Canadian pensions in 2011 is likely to convince more employers to shift burdens to employees this year and force an increase in retirement ages, according to pension consulting firm Towers Watson.

The company said that low interest rates and plunging stock markets weighed heavily on defined-benefit pension plans, which guarantee a level of post-retirement income.

If pension-plan values do not recover over the long term, retirees may face lower pensions and benefits.

THE CANADIAN PRESS

16 Statistics Canada research found that a 50-year-old worker in 2008 could expect to stay in the labour force another 16 years — 3.5 years longer than in the mid-1990s.

News in brief

Small-business confidence rises: Survey

ECONOMY. A survey by the Canadian Federation of Independent Business finds small business confidence rose in December to 65.0 — almost a point and a half higher than in November. Ted Mallett, the CFIB's vice-president and chief economist, says the Business Barometer index typically hovers between 65 and 70 when the economy is expanding. He says the return to "near normal" is good news for Canada's economic performance.

THE CANADIAN PRESS

More to skim in help-wanted ads: Index

JOB MARKET. The Conference Board is providing some hope for the jobs market over the next few months. The think-tank's metro help-wanted index, which tracks job growth in the economy, shows near-term prospects for jobs are up in 14 of 26 metropolitan areas.

There were six areas with negative readings. Prospects for employment were strongest in western cities, where natural resource industries have been buoyed by continuing strong world commodity prices.

THE CANADIAN PRESS

Vehicle sales unsteady but up

DATA. More Canadians treated themselves to a new car or truck last year than in 2010 as low interest rates and pent-up demand helped fuel a nearly two per cent growth in auto sales.

Automakers sold 1.59 million vehicles in 2011, up from 1.56 million in 2010, according to data released Wednesday by DesRosiers Automotive Consultants.

Though the growth in sales was uneven from month to month as economic uncertainty pervaded consumer sentiment, the overall trend was up. THE CANADIAN PRESS

Bankruptcy to save jobs: CEO

The head of one of Canada's last two remaining asbestos mines said Wednesday that declaring bankruptcy is the only way the cash-strapped operation has a chance of saving its workers' jobs.

Simon Dupere, president and CEO of Quebec-based LAB Chrysotile, said in a telephone interview with The Canadian Press that he's confident many of the 350 jobs at the mine will be saved.

"It's not an operation that is overstaffed," Dupere said. "Is it going to be a little more or a little less? That depends on what works, it depends on the business plan."

Dupere said the company's current financial situation made it impossible to continue operations.

He said the shutdown of its Lac d'amiante du Canada mine in Thetford Mines last fall didn't stem costs and there has been no revenue to deal with them.

Declaring bankruptcy is a key step to getting the financially troubled company back on a solid financial footing.

"We have a structural problem," Dupere said. "We have a problem with fixed costs, and this will be resolved with the (bankruptcy). Now we will talk to everyone involved, we will see how we're going forward and how we'll revive the project."

One possibility that would allow the mine to resume production in 2013 would be the opening of access to an asbestos deposit that is currently blocked.

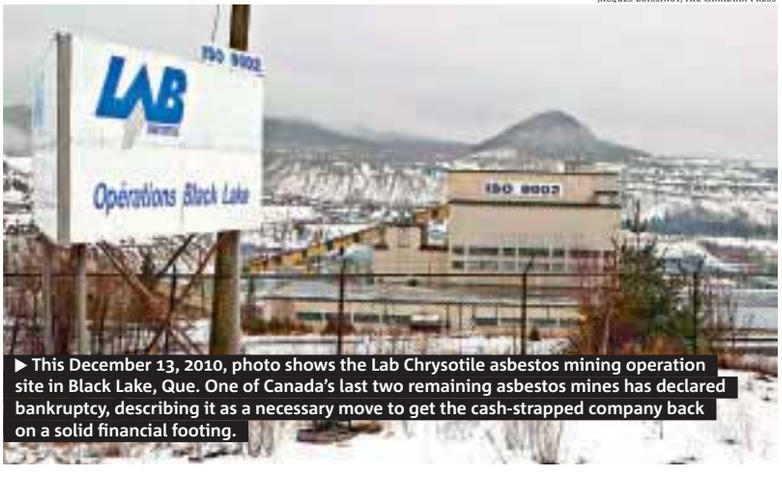
While workers were surprised by the bankruptcy announcement, the union says the possibility of a recovery provides a ray of hope.

But Gordon Ringuette, a spokesman for the mine's union, says he's waiting to see if the company will use the situation to seek concessions from workers to reduce labour costs.

"We expect that they will ask for concessions," he said. "They're talking about a business plan that has become too expensive and unprofitable."

THE CANADIAN PRESS

JACQUES BOISSINOT/THE CANADIAN PRESS



▶ This December 13, 2010, photo shows the Lab Chrysotile asbestos mining operation site in Black Lake, Que. One of Canada's last two remaining asbestos mines has declared bankruptcy, describing it as a necessary move to get the cash-strapped company back on a solid financial footing.

Asbestos in Canada

- **A shutdown at Thetford Mines** and a production halt at the Jeffrey Mine brought Canada's asbestos sector to a halt.
- **The Canadian Cancer Society** says more than 100,000 people die worldwide each year from exposure to asbestos at work.
- **The Tory government** refuses to add asbestos to an international harzardous-chemicals list.

OF MICE AND THE MAN WHO LOVES THEM

HE SAYS ...

JOHN MAZEROLLE
METRO

I think I love the mouse in my apartment.

It's not the love between a man and a woman, exactly, because I don't know its gender. But it feels right.

It is a forbidden love, frowned upon by the world, and it is a love brought about by fate: Of all the drywall joints in all the townhouses in all the world, it chewed into mine.

And if loving something means wanting it to be free, then I'll squeak it from the rooftops — I love my mouse.

Don't misunderstand: I realize that mice are disease-ridden vermin, which is why Mickey always wore white gloves — for safety's sake.

I'm aware that it's hard to endorse a creature that has used millions of years of evolutionary knowledge to perfect the art of pooping on your counter top.

And, personally, I'm annoyed that the little guy can find enough food in my apartment to survive even though I can't seem to, no matter how many times I open the fridge.

"And, personally, I'm annoyed that the little guy can find enough food in my apartment to survive even though I can't seem to, no matter how many times I open the fridge."

But, despite all that, I must love the mouse.

Why? Because I can't deal with the alternative.

As a journalist, I often worry that I'm jaded. Cover enough accidents and murders and Vic Toews, and eventually you get so cynical you can talk like this to a stranger: "I know this is a difficult time, but how did you FEEL when your dog fell into the thresher? Oh, don't cry. Please wait until the camera gets here."

But that worry evaporated last winter. I had a mouse back then, you see.

And so I bought glue traps, because the packaging said it was "humane" and it showed a cartoon mouse looking annoyed in the glue, as if it were going to miss its dinner with Speedy, Mickey and Mighty. Why, this was going to be fun!

Well, I don't want to get too gruesome about what happened, but the Gadhafi family would have been appalled. While the mouse squeaked at the same volume as the girl being eaten at the beginning of Jaws, I frantically ran outside with him, promising freedom.

I poured water on him — that's what the packaging said to do — and watched hopefully (run little buddy!) as he stopped moving entirely. Yes, I waterboarded the mouse.

And as I stood over his lifeless body, I vowed then and there that I would only love all the helpless rodents of the world. So, as you can see, I need to love the new mouse.

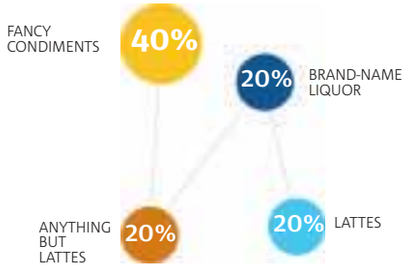
And if I must kill him, I will at least talk to its family, using all my compassion and empathy. Because I know this is a difficult time.

Read more of John Mazerolle's columns at metronews.ca/hesays

Panel

Register at metropolitanpanel.ca and take the quick poll

The UN says we're set for another volatile year in food prices. What are you willing to give up if you have to pay more for dinner?



Local tweets

- **@gord vickman:** At first glance, being "locked out" of your job sounds pretty awesome. #ldnont
- **@theworldofshady:** Yes it's totally cool that you're standing here for 8 minutes bus. It's not like I have anything else to catch. #ldnont
- **@alexwimperis:** The Fanshawe College commercial on MTV really makes me want to go to #fanshawe
- **@shastasemaj:** You cannot logically lambaste businesses for trying to increase profit while at same time living in a society founded on capitalism. #ldnont
- **@JessAnneSteuer:** School routine kick in sooon!!! Final semester!! Yyay #fanshawe
- **@megvdk:** I feel pretty blessed that I get to see so many amazing artists right in my backyard. Thanks #ldnont for being awesome!
- **@BrentCornwall:** Hey Mayor Joe, show some leadership and start calling Mayors across North America asking them to pledge to not purchase CAT products #ldnont

Daily Zoom

NATASHA HARTH / REX FEATURES

Art attack ... by kids

Kids' stickers create artwork

QUEENSLAND, AUSTRALIA. If you want that statement-making design to jazz up your home interior, then perhaps look no further!

One artist has created a work where children can express themselves using coloured stickers. Yayoi Kusama's Obliteration Room is currently on display at the Queensland Art Gallery.

METRO WORLD NEWS

"With just one polka dot, nothing can be achieved."

YAYOI KUSAMA'S CANDID REMARKS ON THE MEANING OF HER ART

Boring room or blank canvas

INTERACTIVE ART. Curators suggest this sterile white room is a critique of everyday life drained of colour. But at the same time they say this colourless space acts "as a blank canvas to be invigorated — or 'obliterated,' changing measurably over time as the dots accumulate as a result of thousands of collaborators."

METRO WORLD NEWS

metro

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2 scene

Donald Trump

Mob boss widow Victoria Gotti, singer Clay Aiken and IndyCar champ Michael Andretti are on tap for the next edition of NBC's Celebrity Apprentice. Host Donald Trump announced the new batch of contenders this week.
THE ASSOCIATED PRESS

NY-based grocery yanks, then restores Alec Baldwin ads after support for actor

Musical lineup has bite

Hands and Teeth's new album highlights a solid night at APK Live **Clean up and come out**

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON

If you aren't excited for Hands and Teeth's album release show on Friday, you should be.

According to Jeremy Klaver, who organized the show with his production company We Kill Giants, it's the perfect way to start off the new year.

"I love every band," says Klaver, "and I know everybody else will too."

The show at APK Live features four bands. Locals Neon Cowboy will open the night followed by Toronto's Teenage Kicks, Hands and Teeth and Dinosaur Bones.

"This is a stacked lineup," says Klaver.

"Each act is so talented and good at what they do. They deserve way more recognition than they have."

HANDOUT

Hands and Teeth will release its LP Friday night at APK Live.

The night is a celebration for Hands and Teeth who will be releasing its first full-length album called Hunting Season.

The band, tied to London through guitarist Kevin Black who studied at UWO and worked at City Lights Bookstore, contacted Klaver a couple of months ago about putting together the show.

"They sent me an email and we started to toss around ideas for a show and I said why not try to make it your dream show. They sent me a bucket list of bands they'd like to play with and I started making calls," Klaver says.

Those calls turned into Friday's show with Dinosaur Bones heading the bill.

"I haven't heard the new album yet," Klaver says, "but I'm looking forward to it," says Klaver.

"On their past EPs, you could see their potential and that they had room to grow. I'm sure Hunting Season will be amazing. They have these incredible vocal harmonies that grab your attention."

A smile spreads across Klaver's face when the time comes to chat about local openers Neon Cowboy.

"I go to school with these guys," he says.

The band's Daniel Bossenberry, Patrick Lefler, Jack Analogue and Tyler Drainville are all music industry arts students at Fanshawe College.

"They all have a unique musical identity and could be lead singers by their own right," Klaver says.

"The band is made up of these great guys like Dan who is slightly soft spoken but when he gets on stage he turns into an animal and Tyler, who is this drummer that plays synth with his fourth hand."

Teenage Kicks round out the bill with what Klaver calls good ol' fashioned rock n' roll.

The show starts 9 p.m. at APK Live.

Tickets are $8 at the door.

Other events

What else is going on?

- **Measuring up** Andrea Carvalho will celebrate the opening of her art exhibit Made to Measure Saturday night at the Forest City Gallery. Carvalho's work is sculpture exploring scale and structure, based around her physical size. The opening starts at 7 p.m.

The horrors of high school

My Babysitter's a Vampire comes to Canada
It's a supernatural spin on the trials of being a teen

HANDOUT

▶ The series My Babysitter's a Vampire is based on a TV movie of the same name.

Debuting in Canada this week is Teletoon's My Babysitter's a Vampire, a younger-skewing take on the monsters-meets-hormones genre also seen in the Twilight film franchise, the campy Space comedy Todd and the Book of Pure Evil, and CTV Two's The Vampire Diaries.

Toronto-bred star Matthew Knight, who plays earnest 14-year-old Ethan, says he hopes young viewers can learn a lesson or two as his show draws over-the-top parallels between the eternal battle of good and evil and the trials of growing up.

"I kind of feel like it makes kids ... feel like their (problems) are not the end of the world and they can get through it," 17-year-old Knight says of the show's weekly supernatural calamities.

The series' over-the-top hijinks — which include resurrecting dead family pets and navigating a suspicious school blood drive — are all in service of putting common teen anxieties into perspective, adds co-star Atticus Mitchell, who plays Ethan's trouble-making best friend Benny.

"You don't know what the end of the world is until you hit that bad point in your life when you're trying to get with your crush and it's like, 'Oh, I love you.' And all of a sudden — 'What? There are vampires! Zombies!"' says 18-year-old Mitchell, from Toronto.

"That's the end of the world, OK?"

The new series is based on the TV movie of the same name, which centred on the awkward Ethan, his precocious little sister Jane and his mischievous pal Benny.

In that 2010 comedy, billed as Teletoon's first original live action feature, Ethan's hopes of shedding his geek status are thwarted when his mom decides he's not mature enough to watch Jane and hires a babysitter from his school.

Ethan is mortified when it turns out to be his longtime crush Sarah, played by Vanessa Morgan, who just happens to be a newly formed vampire.

Ethan is also going through a transformation as he grapples with disturbing visions that seem to predict future events. And Benny, who learned from his Grandma that he's actually a young wizard, is struggling to cast magical spells without causing more harm than good.

"It's definitely a little bit lighter in the way that it's shot and the way the characters deal with it and just more family friendly," says Knight.

My Babysitter's a Vampire debuts Thursday on Teletoon.

THE CANADIAN PRESS

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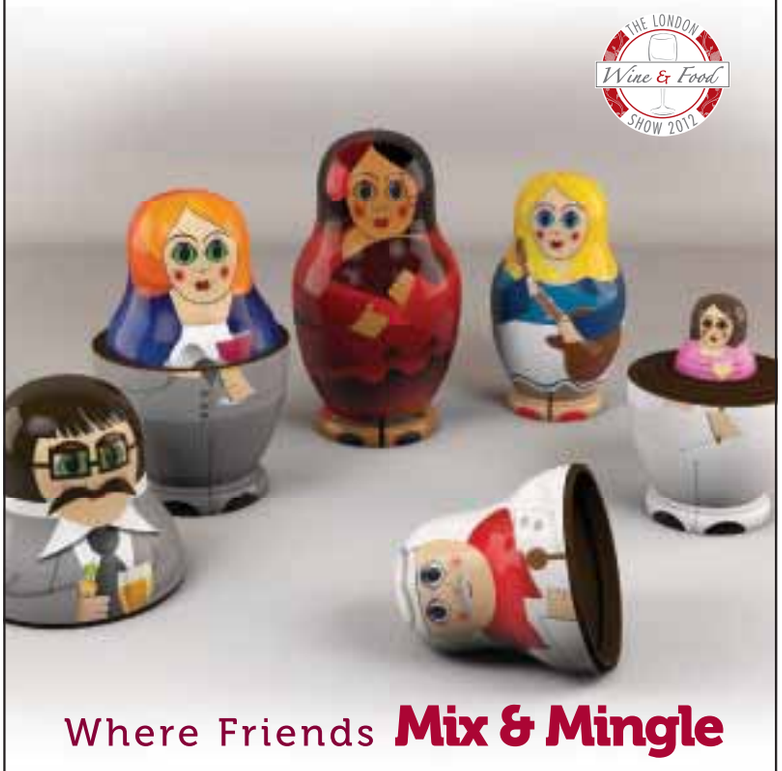

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Celebrity tweets

@Joan_Rivers

This is the only time of year when I'm jealous of atheists. They don't waste their time taking down all the Christmas decorations.

@bobsaget

Today is the first day of the rest of your life. And if that doesn't work out for you, Tomorrow is the first day of the rest of your life...

@mradamscott

The Girl With The Dragon Tattoo is super funny.

@AmandaBynes

Not tweeting is the new tweeting.

Timberlake engaged?

Singer proposes to Jessica Biel on top of mountain, according to sources

ALL PHOTOS GETTY IMAGES

▶ Jessica Biel and Justin Timberlake

After quietly getting back together in 2011, Justin Timberlake and Jessica Biel have reportedly gotten engaged just as quietly.

Sources tells Us Weekly that Timberlake popped the question on top of a mountain in Jackson, Wyoming, during a snowboarding vacation.

"Justin knows how much she loves snowboarding and the mountains, so it was the perfect place," the source says.

"He knew it was the right time to propose." The pair broke up briefly last year, and "when they reunited, they had a conversation about taking the next step," the source says. METRO

Running back to The Running Man?

Maria Shriver

After reconnecting with estranged husband Arnold Schwarzenegger over the holidays, Maria Shriver is reportedly reconsidering her planned divorce from the former California governor, according to OK! Magazine.

"She's definitely having second thoughts about going ahead with the divorce," says a source close to the family, who adds that Shriver's friends aren't too pleased with the latest development: "All her friends are up in arms that she's considering a reunion," the source says.

"She's close friends with Oprah (Winfrey), who would never encourage her to go back to a man who fathered a child with the housekeeper." METRO

Mendes hangs with Gosling's mom

▶ Ryan Gosling

If there were any doubts that Ryan Gosling and Eva Mendes were getting serious, their recent behaviour should put them to rest.

While visiting New York, Gosling reportedly took Mendes to the movies along with his mother, according to People magazine.

"They all hung out and went to the movies together," a source says.

"Ryan and Eva seemed very happy."

And they seemed even happier before arriving in New York, while still at the airport in Los Angeles.

"They kept kissing and hugging while they waited to board their flight," says a source.

"Eva looked gorgeous and kept smiling." METRO

Cannon suffers kidney failure

Nick Cannon was hospitalized this week in Colorado for kidney failure, wife Mariah Carey revealed on Twitter. "Please pray for Nick as he's fighting to recover from a mild kidney failure," Carey wrote in a post accompanied by a photo of the pair in a hospital bed. The singer noted that a visit to the hospital seems to be an annual tradition for the couple: "Last year it was me attached to the machines," she wrote, referring to the birth of their twins, "and Nick was there with me through it." METRO

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SHOPPERS DRUG MART

Dewey in the dark winter

It's January and it's cold and dry Yes this is obvious, but the fixes for your chapped skin may not be Try these tips from dermatologists to save your skin from the rough season ahead

ISTOCK

Use a conditioner in your hair more frequently during the winter.

Showers

Don't take extra hot showers. As much as you want the comfort of that heat when it's chilly, there's less moisture in the air during winter and hot showers can further dehydrate your skin, says Dr. Neil Sadick, clinical professor of dermatology at Weill Cornell Medical College in New York.

"Make showers as tepid as you can tolerate," he says. If you can't stand the chill, find a space heater safe for bathroom use.

Moisturizing is so important this time of year because it protects the outer layer from winter's wrath while retaining natural moisture from within.

Hair and nails

Don't ignore hair and nails. They're made of the same compounds as skin and crack in similar fashion, says Dr. Alicia Zalka, a dermatology professor at Yale. "I don't think people realize that when nails split it's 90 per cent from lack of proper moisture." B vitamin supplements can improve skin, hair and nails during winter.

"They're better for the skin when ingested, rather than when you put them on the skin topically," Zalka says.

"If you've got the driest of dry skin, the best defence for that is a couple of days of plain old Vaseline."
DR. ALICIA ZALKA, ASSOCIATE CLINICAL PROFESSOR OF DERMATOLOGY AT YALE

Stay away from products that contain detergents because they can remove protective, essential oils.

"Humidify the air in your home, especially in your bedroom so that healing and repair can take place while you sleep."
DR. DAVID ORENTREICH
CLINIQUE DERMATOLOGIST

Don't assume that drinking water or replacing fluids internally is enough to keep your skin healthy during cold weather.

Sunblock

Don't forget sunblock. It's just as important during winter as it is in summer, experts say, especially during winter sports like skiing at high altitude.

"In the winter it feels cold because very little infrared light reaches the earth," Dr. David Orentreich says. "The opposite is true in the summer. However, in the winter ultraviolet light is 90 per cent as strong as it is in the summer but since we can't feel or see it we mistakenly think it's absent, too."

Application of a broad-band screen once a day should suffice, Sadick says. THE ASSOCIATED PRESS

Stand firm when it comes to cellulite

SCOPE BEAUTY

▶ Smooth as a baby's bottom? It's not the reality for most women.

THE KIT

By Deborah Fulsang

"Eighty-five per cent of women have cellulite and the 15 per cent that don't, think they do," says Dr. Shimon Eckhouse, The Kit's expert for face advisor. His company explores light-based technology to target and treat the dreaded orange-peel skin.

No wonder the industry is booming. One new report claimed sales for cellulite products hit the $11.8-million mark last year in the United States. Safe to say the category is healthy here in Canada, too.

But beware, says Dr. Lisa Kellett, a dermatologist in Toronto, there's no magic bullet. "Topicals are not drugs. They're not going to go down to a level that they're going to get rid of cellulite," she says. "They might plump up the skin temporarily, much like if you went home and took a loofah to your skin and scrubbed at it. You could cause swelling in the skin to improve the appearance."

The bottom line on cellulite? "There is no cure." You can, however, make surface improvements. And for many, of course, appearances count.

Tip: Be sure to exfoliate before applying your chosen smoothing cream. A good scrub preps the skin to allow active ingredients to perform at their max.

DROP INTO THEKIT.CA FOR BEAUTY INSIDE AND OUT.

3 life

Style pick

Get the boot

A nearly century-old hunting boot is catching on with a younger generation that sees the utilitarian footwear as hip.

L.L Bean's familiar duck boot with leather uppers and rubber soles — designed for slogging through mud and snow — has become something of a fashion statement owing to its newfound popularity on college campuses, the company says. Another reason is new styles, including something Leon Leonwood Bean surely never envisioned in 1912: bright blue and pink leather, new for spring.

THE ASSOCIATED PRESS

Red carpet starlets ready to give the time to do 1950s style up right

Hot new decor trends

Design expert Karl Lohnes tells us what's new and fresh for 2012

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Trends change yearly. Here's four of the most popular ones for 2012.

LARGE FLORAL PATTERNS

Flowers are back; they are bright and big and look modern.

Add a large floral print to just a headboard in the bedroom, the back panel of a chair or Euro-sized pillow shams in the living room for a burst of colour this year.

Up-cycling

Last year we painted old dressers trendy colours, and this year it's about investing in good stuff. Find an antique chair and upholster it with a cashmere/wool blend fabric, have a custom lampshade made or add luxe trims to a set of old velvet drapes. It's the small investments that will offer up classic style.

CB2 STORES

▶ Flower sutra artwork, CB2 stores

ANTHROPOLOGIE

▶ Curvy-lined furniture helps to round out a room. Amelie sofa in blazing poppies fabric; $3,300, Anthropologie

CURVY FURNITURE

Low, deep and lounge-like was all the rage last year for sofas and chairs.

For those with enough strength (or a crane) to get out of these you can say goodbye and sit on something more comfortable.

Traditional style is making a return and curvy-lined furniture is feeling most welcome after two decades of square-edged, hotel-inspired furnishings. Look for the classic camel-back shaped sofas and organic shaped side tables to round out your rooms.

BENJAMIN MOORE PAINTS

▶ Orange tones will dominate wall colours for 2012. Massada; Benjamin Moore Paints

ORANGE

Last year we said goodbye to the suburban beiges and honey browns and replaced it with cooler tones like sea glass and pale greys. This year it's all about being optimistic; happy colours and every shade of orange is topping the list for paint colours. From pale rust to sherbert tangerine, this citrus colour is topping 2012's list for painted walls.

FOR A COMPLETE LIST OF KARL'S 2012 DECOR TRENDS VISIT METRONEWS.CA

CONTAIN YOUR LIFE'S CHAOS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear Charles the Butler, What is a good new year's resolution for something I can do within my house? Suzy Homemaker

Dear Suzy Homemaker:

After giving this very question some thought just a few weeks ago, I personally decided to call 2012 "the year of the container".

So what does this mean? Well for those of you who know me, I love to use containers to hold things.

Containers keep my cupboards as organized and clean as possible.

For example, my shoe shine kit has a small container all of its own — it holds everything I could ever want or need to do with my shoes, including extra shoe laces.

My wrapping paper, last season's clothing and even new toiletries are all in containers.

So my suggestion for you is to re-organize your personal life with clean well-organized containers that are all labelled!

"I love to use containers to hold things. Containers keep my cupboards as organized and clean as possible."

This helps keep cupboards organized and offers you easy access when you need your important stuff!

HAVE A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA

ISTOCK

▶ A place for everything and everything in its place.

5 BEST HOME BLOGS OF 2011

THE COVATEUR
Thecovateur.com

- This blog picks up where The Selby, who seems busy shooting for everyone else but his site, left off: Looks inside the homes and wardrobes of fashion types.

DESIGNSPONGE
Designsponge.com

- Its bank of real homes can't be beat. This is the only global blog where you can truly get a sense of what the design trends in Europe and America are.

BACKYARD BILL
Backyardbill.com

- Another Selby-like blog that gives an impressive look inside the spaces of world-famous, but largely Brooklyn-based trendsters.

EMMAS DESIGNBLOGG
Emmas.blogg.se

- Sockholm based interior designer, Emma Fexeus, looks at home design through a distinctly Swedish lens.

RUMMAGE
Rummage.typepad.com

- This blog offter lots of crafty eye candy and DIY projects courtesy of an Australian mom with great taste.

RUNNING THIS AD IN DECEMBER WOULDN'T HAVE DONE ANY GOOD.

Truth is, everyone is nicer in December. So why can't we be just as good to each other after the holidays? Let's keep those food banks stuffed. Let's shovel the driveways and walkways of our elderly neighbours. Let's crack a smile even though the wind chill's 20 below. Let's keep our holiday lights on throughout the entire year. Let's all make a New Year's resolution to do good every single day of the year. Over the next 365 days, let's all remember that being nice is always in season. Let's try to be good all year round.

people for good.ca

A new menu for a new year

In her cookbook My Father's Daughter, movie star turned domestic goddess Gwyneth Paltrow shares some easy, healthy recipes You can eat like a Hollywood star, while still enjoying carb-heavy pasta and muffins

Sweet potato ravioli

For the pasta:

1 Whisk together whole eggs and yolk in a bowl. Put flour in a big mixing bowl, make a well in the centre and pour the eggs into the well. Slowly bring in flour using a fork and knead by hand until a dough forms. Add more flour if dough is sticky. Leave to rest for at least 10 minutes.

2 Take out your pasta machine. Cut dough into 8 pieces and roughly form into triangles. Dust with flour. Starting on the widest setting, put one piece through the machine. Fold the dough over itself and go through again on the same setting. Repeat this process on each setting, going from widest to thinnest until you are left with a long thin sheet.

3 Repeat the process with all the pieces of dough, covering them with clingfilm.

For the filling:

1 Steam the sweet potato pieces for 20 minutes or until cooked through. Mash in a bowl and stir in cheeses. Season with salt, pepper and nutmeg. Let the mixture cool before proceeding.

2 Dollop filling along half the pasta sheets, leaving 5 cm between each spoonful. Using a pastry brush, brush egg white along the tops and bottoms of the pasta sheets and between each dollop of filling. Lay the untouched pasta sheets over the filled ones. Using your fingers, seal the edges around each bit of filling. With paring knife, cut ravioli into squares.

3 Using your fingers, pinch each ravioli's edges to be sure that they're sealed.

4 Bring pot of salted water to boil. Cool ravioli for 2 ½ minutes. Top with butter, sage and Parmesan.

▶ Gwyneth Paltrow

Serves: 8
Total prep: 1½ hours

Ingredients:

For the pasta:
- 2 organic large eggs
- 10 organic large egg yolks
- 225 g unbleached plain flour, plus more for kneading

For the filling:
- 1 sweet potato, peeled and cut into 8 pieces
- 4 tbsp finely grated Parmesan cheese
- 2 tbsp mascarpone
- Coarse salt
- Freshly ground black pepper
- Freshly grated nutmeg
- 1 large white egg, beaten

For finishing:
- 50 g unsalted butter
- 6 fresh sage leaves, sliced
- grated Parmesan cheese

Healthy blueberry muffins

Yield: 1 dozen muffins
Total prep: 45 minutes

These muffins are made from spelt flour, don't have any sugar and are vegan.

Preparation:

Ingredients:
- 125 ml vegetable oil
- 125 ml soya milk
- 125 ml maple syrup
- 4 tbsp light agave nectar
- 100 g white spelt flour
- 125 g whole spelt flour
- 2 tsp baking powder
- ½ tsp fine salt
- 300 g fresh blueberries

1 Preheat the oven to 190 C (375 F). Then line a 12-hole muffin tin with paper cases.

2 Mix all the wet ingredients together, then stir in the dry ingredients and fold in the blueberries.

3 Divide between the paper cases and bake until a cocktail stick comes out clean and the muffins are golden brown, 25-30 minutes. Let cool before eating.

Tuna and ginger burger

Serves: 4
Total prep: 15 minutes

Ingredients:

For burger:
- 1 tsp wasabi powder
- 2 tsp Dijon mustard
- 1 tsp water
- ½ tsp freshly ground black pepper
- ½ tsp coarse salt
- 1 tbsp peeled and finely chopped fresh ginger
- 1 tbsp peeled and finely chopped garlic
- 1 ½ tbsp groundnut oil, plus more for cooking
- 450 g highest quality tuna, cut into 2.5 cm pieces
- 2 tbsp extra virgin olive oil
- 3 shallots peeled and thinly sliced
- 2 wholemeal hamburger buns
- 125 ml soy & sesame mayo
- Handful fresh rocket

For topping:
- 125 ml vegenaise or mayo
- 2 tsp soy sauce
- 2 tsp toasted sesame oil

Preparation:

1 Combine the wasabi, mustard and water in a small bowl. Scrape it into a food processor along with the pepper, salt, ginger, garlic and groundnut oil. Pulse it all together to make a flavourful paste. Add the tuna and pulse just to combine — be careful not to overprocess the tuna as you want your burgers to have texture. Form the mixture into 4 burgers and set in the refrigerator for at least one hour (up to overnight).

2 Meanwhile, heat the olive oil over medium-high heat in a frying pan. Add the shallots and sauté for about 10 minutes, until they get soft and sweet and a little brown. Reserve.

3 Preheat your barbecue or griddle pan over high heat. Rub the tuna burgers with a little groundnut oil and grill for 2 to 3 minutes a side, to desired doneness. Grill the buns alongside the burgers. Spread the buns with mayo, pile on the sautéed shallots and a bit of rocket.

4 Whisk together ingredients for topping.

White bean soup with kale

Serves: 4
Total prep: 2 hours

Preparation:

1 Heat the olive oil in a large pot over medium heat. Add the fennel and cook for 10 minutes, stirring occasionally. Add the onion and garlic. Lower heat and cook for half an hour, stirring here and there. A little colour is OK, but you want the vegetables to get soft and sweet. Add crushed chillies, oregano and pepper and cook for a minute. Add the beans and stock, bring to the boil, lower to a simmer, add salt to taste and let cook on low heat for 1 hour. Stir in the kale leaves and let cook for seven minutes. Ladle into four bowls, drizzle with oil and serve.

Ingredients:
- 3 tbsp extra virgin olive oil
- 1 fennel bulb, stems and fronds removed for another use, bulb thinly sliced
- 1 large onion, peeled and thinly sliced
- Pinch crushed chillies
- ¼ tsp dried oregano
- ¼ tsp freshly ground black pepper
- 410 g can cannelloni beans, rinsed and drained
- Vegetable stock
- Coarse salt
- 1 bunch kale, stems discarded and leaves torn into bite-sized pieces

Raps find Jurassic spark

Bargnani scores 31, DeRozan adds 25 in win over Cavs ◐ Thompson held to one point

92	77
RAPTORS	CAVALIERS

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Cavaliers forward Tristan Thompson draws a foul on James Johnson Wednesday night.

Andrea Bargnani scored 31 points on 11-for-16 shooting and the Toronto Raptors won for the second game in a row, 92-77 over the Cleveland Cavaliers on Wednesday.

DeMar DeRozan added 25 points on 9-for-18 shooting for the Raptors while Jose Calderon had 11 assists to go with 13 points.

The Raptors took the lead late in the first quarter and held it the rest of the way for their second victory of the season over the Cavs.

Antawn Jamison led Cleveland with 19 points with Kyrie Irving adding 12 and Omri Casspi scoring 10. Anderson Varejao led all rebounders with 13.

Cleveland rookie forward Tristan Thompson of Brampton scored one point in just under 17 minutes and was 0 for 5 from the field.

The Raptors took a 15-point lead into the fourth quarter but learned in their games earlier this season that a big lead was no guarantee of a win.

The Cavaliers scored the first five points of the fourth, but Leandro Barbosa responded by hitting a 34-footer for three points that brought a gasp from the crowd.

DeRozan hit his fourth three-pointer of the game with 8:52 to play in the third quarter to put Toronto into a 10-point lead. Led by Bargnani's 11 third-quarter points, the Raptors opened up a 66-51 lead going into the final quarter.

The Raptors beat the Cavs 104-96 in the opening game of the season for both teams on Dec. 26 in Cleveland. But Cleveland (3-3) won three of their next four games before Wednesday's game as Toronto (3-3) lost three in a row before beating the New York Knicks 90-85 on Monday.

Bargnani scored eight points and DeRozan had seven as Toronto led 21-18 after the first quarter.

Toronto built the lead to nine points late in the second quarter but Cleveland cut it to four before DeRozan hit a three-pointer with the last shot of the half, a 28-foot, pull-up jumper, to make the half-time score 46-39.

DeRozan finished the first half with 15 points that included going 3 for 3 on three-pointers. Bargnani added 10 for Toronto while Jamison led all first-half scorers with 17 points for the Cavs.

Thompson, 20, entered the game with 1:09 left in the first quarter and received a round of applause. He left 26 tickets for friends and family and figured that he had a contingent of about 200 supporters cheering for him.

The Cavaliers took Thompson with the fourth pick overall in the first round in the 2011 draft. He is the highest picked Canadian in the modern history of the NBA draft.

THE CANADIAN PRESS

4 sports

Quoted

"As much as I want to be out there, my team needs me to be Dwyane Wade and not somebody else on the floor."

HEAT GUARD DWYANE WADE, AFTER BATTLING A FOOT ISSUE FOR A WEEK WITH LIMITED SUCCESS, WADE SAT OUT FOR THE FIRST TIME THIS SEASON WHEN MIAMI PLAYED HOST TO THE INDIANA PACERS ON WEDNESDAY NIGHT.

Scan code for more sports news.

Still something to play for

Canada tries to shake off disappointment of loss to Russia and focus on beating Finland to win the bronze

The disappointment was still in the eyes of the Canadian players a day after their semifinal loss at the world junior hockey championship.

As they prepared to play Finland for the bronze medal, furrowed brows and grim expressions indicated Tuesday's 6-5 loss to Russia was still on their minds.

But they will have to let it go for Canada to avoid finishing out of the medals at the tournament for the first time in 14 years.

Finland, a dark horse which has improved since the competition got underway, will certainly be motivated to win bronze Thursday after falling 8-1 to Canada in the tournament-opener in Edmonton.

Russia will play for it second straight title in Thursday's gold-medal game against Sweden.

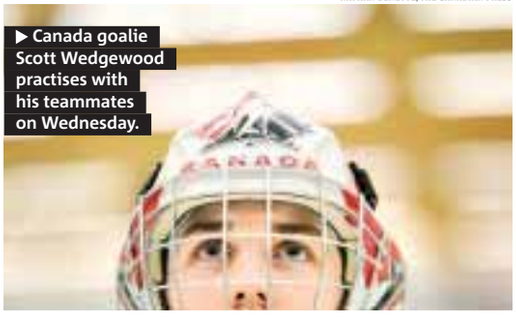
As per his usual practice, Canadian head coach Don Hay wouldn't reveal whether it will be Scott Wedgewood or Mark Visentin in Canada's net Thursday because he tells his starting goalie the night before the game.

While Wedgewood admitted he was sore after Russian defender Alex Khokhlachev crashed into him in the second period Tuesday, he said he would be able to play Thursday.

"You've got to win a game to get a medal now," Wedgewood said Wednesday. "We've got to take pride in that and it still means something to us.

"Ten years from now looking back, you go into that game and don't give it your all and you walk away with nothing ... it's better to have something."

NATHAN DENETTE/THE CANADIAN PRESS



▶ Canada goalie Scott Wedgewood practises with his teammates on Wednesday.

Without the adrenaline that a possible gold medal brings, the Canadians were feeling the slings and arrows of the tournament.

The upper-body injury Scott Harrington suffered in the preliminary round kept him out of Wednesday's practice. Hay didn't sound sure the defenceman would be able to play Thursday.

What's more, Canada will be down to 11 forwards for Thursday's game after faceoff specialist Boone Jenner was suspended for spearing Russian captain Evgeni Kuznetsov in the second period of the semifinal.

In sifting through the wreckage of Canada's gold-medal hopes, the host country's meltdown in the second period versus Russia stands out.

A loss of composure left Canada short-staffed and allowed Russia to score their fifth goal on a power play, which came back to haunt Canada in the third period.

"When players get frustrated they do things they regret," Hay said. "Whether it's misconduct penalties, major penalties or just selfish penalties, you usually regret those type of penalties.

"When you can play with determination, you don't have time to get frustrated. That's what we did in the third. In the second, we played with a little more frustration because it wasn't going our way."

THE CANADIAN PRESS

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NOTICE OF SALE

Storage-Mart #3001 328 Commissioners Rd. West, London, ON Friday January 20th @ 10:30am Units: 0106A Elsy Portillo, 0804H Bonnie Doxtator, 1507A Sara Mezenberg • Storage-Mart #3003 665 Adelaide St.N., London, Ontario Friday January 20th @ 10:00am Units: 0610F Brian Buttery • Storage-Mart #3004 155 South Edgeware Rd, St Thomas, ON Friday January 20th @ 1:00pm Units: S334 Dennis Hjort • Storage-Mart #3032 85 Westney Rd. S, Ajax ON Friday January 20th @ 10:30am Units: 5140 Blaire Niles, 5208 David Shier, 7112 Betram Baird, 8151 Cherubina Cuffy, 3043 Elizabeth Camacho, 7163 Audrey Gallen • Storage-Mart #3033 1700 Alliance Rd., Pickering ON Friday January 20th @ 11:30am Units: E37Darren Caldwell, E66 Mark Stines • Storage-Mart #3034 996 Farewell Street, Oshawa ON Friday January 20th @9:30am Units: 16N Christa Rusco

According to the Lease by and between the customers listed above listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s). UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, tools, furniture, clothing, hockey equipment, bikes, luggage, ladder, games, totes and boxes, speakers, mattresses, exercise equipment, antiques. Items will be sold or otherwise disposed of at this site on dates and at approximate times listed by the addresses above to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is "condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale.

Merchandise for Sale

50 Harlequin, Western paperback books By Diana Palmer
A-1 Condition $40.00
(519) 474-4606

Aluminum Interior banner pole 9' with base and brackets, mint condition, used for display advertising asking $90.00
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Issues by N. Korea, Chinese Army, Copy, Framed, Very Rare
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metroclassifieds.ca
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London Bridal Expo 2012
SAT. JAN. 7, 2012 12 noon - 6 pm
SUN. JAN. 8, 2012 12 noon - 5 pm
Exciting Fashion Shows!
Sat. 1:30pm & 4:00pm, Sun. 1:00pm & 3:30pm
Get the Latest Issue of: Wedding Bells, Today's Bride & the London Bridal Savings Book!
Olga Traher (519) 679-1810

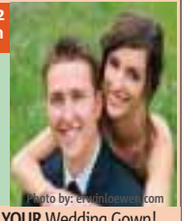

Photo by: ericwinloewen.com

WESTERN FAIR DISTRICT
Canada Building Adm. $12 (Incl. HST)
WIN: YOUR Wedding Gown!
Lots of Fabulous Prizes

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Movers

Make the easy move! *Sprint Moving Service* Bonded, insured, 24/7 services, Rates start at $60/hour Free estimates
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•Faucet Repairs or Replaced
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•Liability Insured
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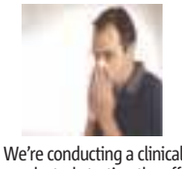
like us
metro

General Services

Do you suffer from annoying cold & flu symptoms?
WE NEED VOLUNTEERS!



We're conducting a clinical research study testing the effect of an investigational medication on the symptoms associated with cold and flu.
Compensation provided.
Contact KGK Synergize
519-858-8359
clinic@kgksynergize.com
www.kgkclinic.com
KGK synergize

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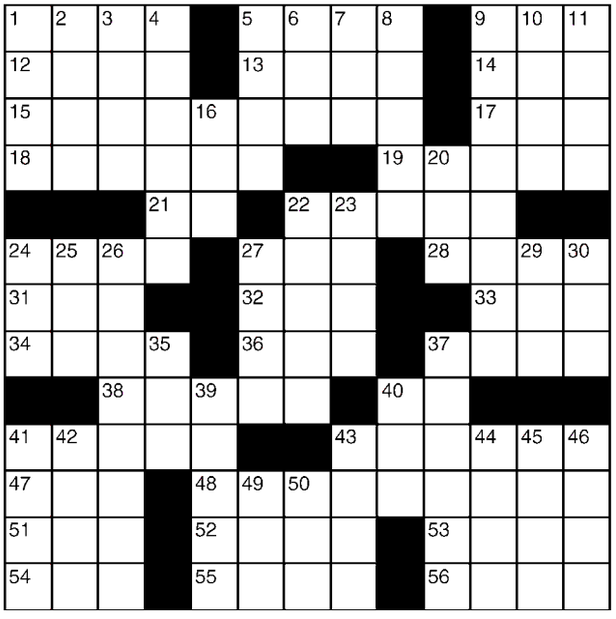
Crossword



Across

1 Employer
5 Tulip, at first
9 Pair
12 Pulitzer winner James
13 Sandwich treat
14 Disencumber
15 Ornamentations
17 Fuss
18 Soap opera, e.g.
19 Bank job, e.g.
21 Lumberjack's need
22 India's first PM
24 Picnic invaders
27 "30 Rock" star
28 Recognize
31 Round Table address
32 Director Spike —
33 Dead heat
34 Thick chunk
36 Toss in
37 Snitched
38 High heels, often
40 Battery size
41 Void
43 Big step
47 Evening hour, in a way
48 Dulcimer's shape
51 Egos' counterparts
52 Medal earner
53 Unsigned (Abbr.)
54 Ignited
55 Cushiony
56 Singer Mouskouri

Down

1 Crazy
2 Shrek, e.g.
3 Burn some
4 Brownish photo hues
5 Reach 212 degrees F
6 Grecian vessel
7 Journey segment
8 "The Garden of Earthly Delights" painter
9 Decorative quilt design
10 Broad
11 Smell
16 Peace (Lat.)
20 Noah's craft
22 Has to have
23 Watched
24 Ninny
25 Zilch
26 Member of a silent religious order
27 Envelope part
29 OPEC export
30 Tie the knot
35 However
37 Burroughs hero
39 Legends
40 Noshed
41 Satanic
42 Calf-length
43 Name for a Dalmatian
44 New Rochelle school
45 "My Heart Will Go On" singer
46 Writer Ferber
49 — Speedwagon
50 Remark from 43-Down

▶ Yesterday's answer

B	O	L	A	■	N	A	B	■	B	E	T	H
A	K	I	N	■	E	M	U	■	A	R	I	A
B	A	N	K	R	U	P	T	■	Z	U	L	U
E	Y	E	L	E	T	■	C	H	A	P	E	L
■	■	■	E	A	R	■	H	E	A	T	■	■
S	A	D	■	D	A	M	■	W	R	I	S	T
P	R	I	G	■	L	I	S	■	S	O	L	E
A	I	S	L	E	■	A	P	E	■	N	Y	C
■	■	R	A	M	P	■	A	S	H	■	■	■
M	O	U	S	S	E	■	R	A	I	S	E	S
A	L	P	S	■	A	B	R	U	P	T	L	Y
R	I	T	E	■	C	O	O	■	P	A	I	N
T	O	S	S	■	H	O	W	■	O	G	E	E

Sudoku

9					5		6	
			9	1			7	
	3		6					2
	9	5		2				
4			7		6			5
				8		9	3	
7					9		4	
	1			6	7			
	2		8					6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	2	7	3	1	6	4	5	9
6	9	5	7	2	4	8	1	3
4	3	1	9	8	5	2	6	7
2	6	9	5	7	3	1	8	4
5	1	3	4	9	8	6	7	2
7	4	8	2	6	1	9	3	5
9	5	6	1	4	7	3	2	8
3	8	2	6	5	9	7	4	1
1	7	4	8	3	2	5	9	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

I love you Daniel Pikel, thanks for being an amazing man! Peyton & I are very lucky to have you in our lives! cant wait for the rest of our lives together baby! <3 :) **CRYSTAL**

Dear liz, I love you so much, these games you're playing needs to stop! life is too short my darling. you need to start embracing life more and take more chances. if you love me then tell me you fool.....Or you leave me no choice but to go after your sister LOL..... **MARK**

Him, Chillaxin with mah tallboyz! whoo hoo! Wahhhhhhhhh! feels great! you're there am here...was a superb day! See, bouncing back into the saddle. Whatever! Should've turned out da other way. oh well, life goes on! **ERR**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will find yourself caught up in some sort of feud today and being a pugnacious Aries you will probably quite enjoy it.

♉ Taurus April 21-May 21 The best kind of work is teamwork, so join forces with like-minded people.

♊ Gemini May 22-June 21 You have taken on too many duties and responsibilities of late, both at home and at work, and need to cut back if you are to avoid exhausting yourself.

♋ Cancer June 22-July 22 You need a deeper, more serious relationship.

♌ Leo July 23-Aug.23 Try to remember that it's not all about money and status. Love counts too.

♍ Virgo Aug. 24- Sept. 22 This is one of those times when you must take risks and push boundaries. If you don't you may look back one day and regret it.

♎ Libra Sept. 23-Oct. 23 Like most Libras you rarely get angry, but you will surprise a few people today.

♏ Scorpio Oct. 24-Nov. 22 Start early, finish late and focus only on tasks that take you closer to your long-term goals.

♐ Sagittarius Nov. 23-Dec. 21 Remember that co-operation always makes things easier.

♑ Capricorn Dec. 22-Jan. 20 Life is always a gamble, that's one of the things that makes it so interesting.

♒ Aquarius Jan. 21-Feb. 18 You seem to believe that someone in a position of authority is plotting against you.

♓ Pisces Feb. 19-March 20. Mars in your opposite sign is bringing a number of challenges, not least in the guise of people who oppose your ideas and beliefs. But what of it? If your beliefs are correct you have nothing to worry about.

SALLY BROMPTON

Caption contest

DAVE CHIDLEY/THE CANADIAN PRESS

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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